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HEALING — AFFIRMATIONS

— GEORGE L. PERIN



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Book P4

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HEALING AFFIRMATIONS

OR

Getting Well and Keeping Well

BY

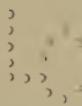
GEORGE L. PERIN

AUTHOR OF

“The Sunny Side of Life”

“How I Was Healed of Paralysis”

“Why, Fadder, Why?”



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To
“ The Best Ever ”

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The Law :

*Desires when expressed in
forceful affirmations are
dynamic mind forces.*

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FOREWORD

The conclusions set forth in this book have been reached through studies engaged in at intervals of a long and rather severe illness, and yet my interest in so-called psychic or metaphysical healing dates back many years. Certainly twenty years ago my attention was called to the fact that the so-called transcendental movement strongly hinted, especially Emerson's "The Over-Soul," at the modern psychological conclusions involved in the New Thought.

Later, I read with great interest Henry Wood, Prentice Mulford, Horatio Dresser, and still later Mrs. Eddy's books. Quite recently I have been helped by the reading of Judge Thomas Troward's Edinboro lectures on Psychology, as well as "The Law of Mind in Action" by Fenwicke L. Holmes and "Healing Currents" by Walter DeVoe.

My debt of gratitude to all these is something, though they have been by no means equally useful. But through such studies I have reached the

conclusion of the validity of metaphysical healing. But in saying this, I do not wish to be understood as having espoused the correctness of any one of the numerous cults, whether it be one of the various schools of New Thought, such as Mental Healing, Spiritual Healing, the Immanuel Movement, or Christian Science.

My own conviction is that whoever wishes to practice metaphysical healing will do well to study all these various forms, which do not differ fundamentally from each other in philosophy, but only in the details of applying the philosophy, and take out of each what will help him most.

I sincerely believe in metaphysical or psychical healing, whether with the patient present with the healer or absent. I have made this book with the single object in view of being useful to the afflicted. To this end, may I not hope that this little book will be of some service, both for private use and in public services.

PREFACE

In making this little book, my one desire has been to be of service to those who long to be healed. When I had become convinced in my own illness that I could appeal to something within, I longed with an almost infinite longing to know how to express my desires and to make them effective. I purchased book after book in the hope that I could find somebody who would teach me how to express "Healing Affirmations." While I did find help, it was too widely scattered throughout various books. Finally I became convinced that affirmations of my own were better for *me* than any I could find ready made. Nevertheless, I still believe that the young student of metaphysical healing will find help in having a few affirmations formulated for him. All other matter in this book beside the affirmations may be regarded as incidental and the affirmations as fundamental. In formulating the affirmations, I had first to formulate a law to which each affirmation should be made to conform. The law may be

expressed thus: *Desires when expressed in powerful affirmations become Dynamic Mind Forces.* This may not be the most felicitous expression of the law, but it will at least make the purpose of affirmations sufficiently clear.

While in my first planning of this book I had in mind almost entirely its private use, later it occurred to me that some use might be made of it in public services. Such use will be suggested by a few services in the back part of the book.

Another thing perhaps ought to be explained. It will be noticed that I have used the personal pronoun all the way through. This has been due to the fact that it was difficult for me to remember that I was writing a book at all. The whole thing has been so personal that there seemed a fitness in the use of the personal pronoun, and I hope you will be able to remove the apparent egotism and to excuse the apparent informality by just imagining that I am talking with *you*.

Let me again express the hope that this little book may serve a useful purpose among those who are longing for help.

AFFIRMATION AND CONCENTRATION

To affirm means, literally, to declare to be true, and to concentrate means to bring all the rays of one's thought to a focus of intensity; thus, concentration brings all the scattered forces of the mind to a common center of attention.

Affirmation is but a form of prayer. It is prayer without formal petition. The musician makes what he calls "Songs without Words;" so, affirmation is prayer without supplication, but it is prayer none the less. It is, or should be, when joined with concentration, the most earnest form of prayer. But you will notice that concentration may have either a constructive or a destructive effect. For example: A man may concentrate on his weaknesses, his worries, his diseases, his cares, his sorrows, his losses; but if he concentrates on his fears and hatreds and worries, he destroys the harmony of the mind and body and renders his whole organism unhappy and inefficient, and so destroys all prospect of peace and success and prosperity. Now, just

because such negative concentration is common, we need affirmation of a positive character to counteract the negative influences that are going on within us and around us all the time. Thus it will be seen that one who makes a larger affirmation in a positive way and concentrates upon it, sets in operation machinery which will cure the ills of life; hence this Book of Affirmations. Your affirmation becomes a prayer to the Divine Intelligence within you, and when you concentrate upon that affirmation it becomes a positive strength in favor of the object of your desire.

It may well be asked why we have prepared so many different affirmations in so small a compass. My answer is similar to that made by one boy to another boy when he asked, "Why are there so many girls in the world?" The answer was, "Because there are so many boys." One affirmation appeals to one temperament or one cast of mind and perhaps not at all to other people. These may be called simply sample affirmations designed to help realization, and not one in all the list provided in this little book may be the one to appeal to you. In any event, it is better to make your own affirmation as you feel profoundly the need.

Let us suppose that you wake up some morning with terrible congestion in your throat. The evening of that same day you are under engagement to sing; it seems absolutely impossible for you. You are face to face with the problem "Where shall I find relief?" Probably not one of these that I have prepared as samples of how to affirm and how to concentrate will seem to appeal to you. Yet you must have help. What will you do? You may say, "I am Health. God's invigorating spirit is with me. It is working in all the nerves and cells of my vocal organs." Here is an intense affirmation of prayer. You forget the form of words. Your mind leaps all connecting particles and holds on to the concentrated idea and you find yourself saying: "Health. Vitality. Vocal Organs. God." Here is an intense concentration which may be a thousand times better for *you* than anything that I have furnished. On the other hand, under other circumstances, some one of these sample affirmations may be just the thing you need and may be extremely useful.

Some one may ask, "How many times shall one repeat an affirmation?" I answer, "*Repeat it until you get what you desire.*" It may be once, it may

be a thousand times. The point in your goal is realization. You must hold to that and make repetition of your affirmation until realization comes, and do not be discouraged, if you are sure you are right. Keep on affirming, a thousand times if necessary, until you get what you desire. Finally, I cannot urge too strongly that you shall not be discouraged if a miracle is not wrought upon you in a moment of time. "God moves in a mysterious way His wonders to perform." All I can say is you must not lose your grip of faith in the Divine Intelligence within you. He will surely manifest if you do not become "Weary in well-doing."

Let me give you a chapter from my own experience. I made this affirmation, — "I am Vitality." It was not easy to see how, with an apparently impotent leg and an impotent arm, I could be "Vitality," but day after day I kept making this affirmation until Vitality became Reality, and I began to feel and then to acquire power and so came at last the realization which I had been affirming.

But do not deceive yourself by turning your mouth into an automatic machine repeating words that remind one of the manner in which some formal church men repeat the Lord's Prayer, so

rapidly and with so little thought that it reminds one of an automatic electric hammer that makes one indistinguishable blur of sound. Such affirmation is worse than none, because it not only does not get the patient anywhere, but it makes a mockery of his own faith.

PRACTICING AFFIRMATIONS

To make affirmations anything more than mere words or "lingo," you should remember that they are subject to the

Law of cause and effect, or
to state it more clearly, thus:

Desires expressed in forceful affirmations are dynamic mind forces.

Remembering this law, repeat the following:

I think *health*—I think *strength*—I think *vitality*.
(A moment's silence)

I breathe *health*—I breathe *strength*—I breathe *vitality*.

(A moment's silence)

I feel *health*—I feel *strength*—I feel *vitality*.
(A moment's silence)

I am *health*—I am *strength*—I am *vitality*.
(A moment's silence)

I am a temple of the living God.

Do not forget the law enunciated above:

"Desires expressed in forceful affirmations are dynamic mind forces."

“THE SILENCE”

WHAT IT MEANS AND HOW TO ENTER

The so-called “silence,” as used by those who practice metaphysical healing, rests not only in logic and common sense, but also upon the teaching of the Scriptures. By a simple test, one can easily convince himself that mental and spiritual power may be stored by the simple device of shutting out the world and keeping quiet, while Jesus said, “When thou prayest, enter into thy chamber and shut the door.” In other words, “be quiet.”

Yet to the beginner in the practice of metaphysical healing, it may be wise to give a hint or two about “going into the silence.”

For at least fifteen minutes each day, — better fifteen minutes in the morning and fifteen minutes in the evening, go into a quiet room alone, take an easy position and be still. It will be good if you accompany your quiet mood with closed eyes and deep regular breathing. Soon you will have a sense of deep peace with all the world, life’s cares will slip away, life’s worries be forgotten, and you will say “God is in me and all around me.” You will feel a new sense of power. When you have this deep sense of peace and the conscious feeling that you are

in immediate touch with God, then ask God for what you desire. Do not ask with the feeling that you may or may not receive, nor with the feeling that somewhere, sometime, if God gets time, He will hear you, but with the faith that God hears and answers now. Jesus promised: "Whatsoever ye shall ask in prayer, believing, ye shall receive." And again he said, "According to your faith, be it unto you."

Of course, it is wise to fortify yourself in any emergency or for healing another or for self-healing by going into the silence. But if every man, woman and child in the world, quite independent of their religious beliefs, could practice going into the silence for fifteen minutes a day, it would do much, not only to establish peace and poise, but to destroy the habit of hurry and worry. Not only so, but several nervous diseases would go quite out of fashion and the doctors could drop out of their vocabulary several familiar terms. Moreover, men's working power would be vastly increased and they would work without becoming tired, for they would work with serenity and without friction.

INTERLUDE

In another volume, in my story "How I was Healed of Paralysis," I have made it clear that the office of the healer is exceedingly important, but it is only fair to say that all through this treatment, I made perpetual use of these and other affirmations; therefore, whether with healer or for self-healing, such affirmations may be used with great benefit. But do not forget that affirmations formed by yourself are even more useful than any that can be framed for you. The following affirmations are designed merely as a suggestion of how to affirm and how to concentrate on the affirmation.

I have learned by experience that it is desirable, if convenient, to lie quietly, with closed eyes, while these affirmations and the paragraphs with them be read aloud by the nurse or some friend. And no matter, even though the patient loses consciousness and goes fast asleep, let the reading continue. It often happens that the subconscious mind absorbs as successfully as does the waking mind.

GEORGE L. PERIN.

AFFIRMATION

I am kindness and courtesy.

*In my inmost soul I love others as I do myself, and I
feel good-will toward all.*

* * *

Nothing is fundamentally more harmonizing than kindness and good will. I had almost said that a spirit of grouchiness and carping criticism is wholly inconsistent with good health. Nothing will more quickly bring into the soul a spirit of health than an affirmation of kindness and courtesy. If you want to remove an enemy the sure way is not to hunt a method of "getting even" with him, but the sure way is to remove him *as* an enemy by affirming love. Sometime it will be necessary to put this affirmation into a kindly deed, but when so expressed it is sure to be effective.

AFFIRMATION

I do not work alone.

God is working with me every hour.

I will do my work as unto God.

I am in partnership with the living God.

* * *

One hot July morning a boy was hoeing corn in a field. Apparently oblivious to the heat and indifferent as to the exactions of his toil, he whistled while he worked. A dust-laden traveler stopped his horse, drew up to the fence, and called out, "Hello, my lad, I am curious to know how you can hoe corn on a day like this and whistle while you work." "Well, sir," replied the lad, "I don't know, unless it is that I feel somehow that I am a-doin' somethin' that even the Almighty couldn't do if I wasn't here to help Him." What fine faith is that! In partnership with God!

So is every honest, earnest man who does well some work that needs to be done. How the task is dignified! There is no drudgery to the man who feels that he is working with God.

AFFIRMATION

God is the supreme fact in my life.

Temporary pain or disease is of little consequence.

God rules my life.

* * *

Many of us make the mistake of wrong emphasis. We are thrown off our balance and made hysterical by a little pain or temporary illness, while we forget altogether the presence and power of God. We need to remember the great, supreme, fundamental fact of God in our own life. The merely trivial and temporary will not trouble us because we know that it *is* trivial and temporary. When we feel pain or the lack of harmony anywhere in our bodies we simply need by an act of faith to affirm the supremacy of the great creative spirit in our own lives. Let us express our desires in forceful affirmations and then remember that such desires are dynamic mind forces.

AFFIRMATION

I am in partnership with the great creative intelligence.

* * *

I am one with the Father. Therefore I am heir to all that God has made. I have all the *strength* I need because God is all power. I am guided in all that I need to know because God is all wisdom. But in saying this, I need to remember the "silence." Every day I must listen and listen to the intimation of the divine voice. I must hear what God would say.

God is all supply; therefore, I shall not want.

God is love; therefore, I am filled with the highest love and affection.

With such divine partnership I shall always be rich. But I shall remember that a partnership with God implies not merely an ownership in His riches but it implies also an obligation to do my part; hence, I shall *serve* the Lord with gladness.

AFFIRMATION

*Today I shall work confidently and therefore effectively.
I shall neither hurry nor worry, nor will I be nervous
and irritable.*

*I shall go straight ahead in the consciousness that God
is with me and all is well.*

* * *

No man works effectively whose spirit is in a flutter. A fundamental condition of good work and good health is "quiet and confidence." One needs to work as if he had all the time there is, all the strength that is needed, all the power that the job requires. Such confidence can be secured only on condition of faith that God is present and in charge of all the circumstances. Thus he may take his mind from the contingencies and address himself to each stroke of the task. Thus there shall be no wasted effort, thus shall there be no dissipation of power or failure of effort, and at the end of the day one may work almost as freshly and effectively as when the day began.

AFFIRMATION

Joy!

My word today is Joy!

I meet my friends with joy.

I feel joy when I see the sun.

Joy is in the wind as it blows on my cheek.

The bird's song is joy to me.

All life is full of joy.

God is life and I am one with God.

God is all in all.

* * *

Do not merely *say* joy. *Feel* joy in your inmost heart. *Act* joy! *Do* something to fill some other heart with joy.

Let words and thoughts and feelings and actions harmonize.

AFFIRMATION

I am a spirit of love.

I am life eternal.

* * *

God is love. Love is Life eternal. Love springs spontaneously within my spirit and is the life of my spirit. Love is the transfiguring energy of my spirit. Love is the grace, beauty and perfection of my character.

Here we have linked together two great dynamic words — *love* and *life*. Not only are they dynamic when linked together, but love is the great harmonizing force of the universe. Where love abounds all the faculties and emotions must dwell together in peace and harmony, and not only must there be for the healing of men, the great propulsive power of vital force, but there must also be the “peace which passeth understanding.”

AFFIRMATION

I will work with a feeling of responsibility. When I have done the best I can, I will leave the result with God.

So shall I have power and peace.

* * *

Every man is responsible for his motive and for personal interest in his work, but no man is responsible for the *results* of his work. Let each man do the best he can and leave the result with God. Then shall he have power, because his strength shall not be dissipated with anxiety about results. He shall have peace, because he knows the results are with God.

AFFIRMATION

I have a consciousness of the almighty goodness and the love of the Father.

This consciousness is a transforming power to make me feel love and kindness for every human being.

This kindness and love will act to give me peace and health.

* * *

Love has been well called the greatest thing in the world.

It is the harmonizing emotion which binds the human race in one. Because I love and God loves, I may say I and the Father are one. In the absence of love, it is warring of conflicting emotions which often produces ill health. Where love is there is peace, hope and joy. Hence it is that one of our highest affirmations is to be found in the simple declaration, *God is Love.*

AFFIRMATION

*I believe in the Presence and Power of God.
He is with me now whether I sleep or wake.
My faith lays hold of and brings into operation His
divine life and intelligence.*

* * *

Yet it is not enough to merely *say* you believe in God. This declaration could be made and is often made by a rank atheist. His declaration is purely intellectual or theoretical. To make this affirmation genuine and helpful you must *feel* the presence and power of God in you and around you. You must think of Him as *your God now*. You are not to think of Him as one who *may* be available somewhere. You are to think of Him as one who *is* available now and here.

AFFIRMATION

I will praise God from whom all blessings flow.

* * *

Whether I have what I want or not, still what I have is from God, and is an evidence of His goodness.

No greater mistake could be made by one who wishes to invoke the healing power of God than to form the habit of grumbling about what he has not.

Grumbling is wholly negative.

Gratitude is positive, — dynamic.

By a great eternal law which Jesus enunciated, the gifts of God multiply through gratitude and use.

It would hardly be putting the case too strongly to urge that every formal affirmation should be closed with a sentence of thanksgiving.

AFFIRMATION

Life! Life! Life! Life!

* * *

Do not hesitate to condense your affirmation into a single word. It is not the number of words that counts, it is the *idea*. At all hazards let your idea be dynamic, and if it is dynamic, ultimately it will be effective. I remember when my right side was totally paralyzed. For many days, when I could see almost no sign of life, I gave myself consolation and helped to win back new power by the simple repetition of this little word — life! life! life! life! But each repetition was like a great inspiring prayer. And how good it is to feel the life coming back, creeping silently from day to day over my whole right side, bearing new witness to the fact that I am a child of God. Scientific men agree that the body is made up of infinitesimal cells. But what none of them can tell is exactly how or how rapidly new cells are made. But I shall cling to my faith that God's power is expressed in the growth of cell-life.

AFFIRMATION

God is life!

I am one with God.

Therefore, I am a part of God's life.

The world is full of life.

Let life abound in me as it did in Jesus.

* * *

Just as men lose power by losing touch with God, so they lose their sense of life by thinking of life as something apart from themselves. One needs to feel that the whole world is throbbing with life. One does not secure more abundant life by absorbing poisons of one kind or another. One secures abundant life by keeping in touch with the great forces of vitality. Never forget that you are one with God. Affirm this truth repeatedly every day. If you are persistent and affirm with faith, your faith will come into expression in more life.

AFFIRMATION

Treatment for Fault-Finding

I am in a good world.

My world is governed by a good God.

The people around me are kind and thoughtful.

I will abandon all habit of fault-finding.

* * *

There is no doubt that the habit of fault-finding often has a serious effect upon the bodily health. One's mental attitude towards those with whom he is in daily relations should be constructive and positive. One may easily reason himself into the conviction that his fault-finding is entirely just. It may be just, but is it worth while? Much of the fault-finding does no possible good, but it does have the serious effect of poisoning the mind of the one who finds fault and directly injures the health.

If you have such a habit, end it *Now*.

AFFIRMATION

*Creative life is flowing into me and through me.
Creative life will renew all my jaded faculties.
Creative life will renew the energy of my depleted nerves.
Creative life will restore me to perfect Health.*

* * *

When I use the phrase "Creative Life" I do it advisedly under the conviction that "creative life" is parallel with "subconscious mind," and that the subconscious mind is indeed the builder of the body. The sick man, therefore, can never make a mistake when he appeals to the creative mind within, for every such appeal has its answer within the great cosmic creative mind, which we call God. It is a prayer to God with a new meaning based on a realization that there is something in man fundamentally corresponding to the nature of God.

Make this affirmation a hundred times daily and you will surely feel the answering blessing.

AFFIRMATION

I will be kind to every man, woman and child with whom I come in contact.

I will be cheerful and hopeful.

I will trust in God and bravely face the future.

* * *

Just as the evil emotions affect the body harmfully, so the good emotions affect the body helpfully. While it may not be a fundamental motive to be kind for the sake of being well, there is no question that the man who practices kindness will more completely harmonize all the faculties of his nature, and keep in better bodily health. The value of cheerfulness as a therapeutic agent is witnessed by the fashion of our times in the service of cheerful literature, while some of the most eminent medical writers of the world have declared their belief in faith in God as a healing agency.

AFFIRMATION

I am a temple of the living God.

“And the spirit of the Almighty dwelleth in me.”

* * *

These words: “I am a temple of the living God,” in a little different form, we began reading when we were children in the Sunday School, and ever since then at intervals, the minister has been repeating them in his sermon. And yet it is pretty safe to say that most of us have had no genuine realization that the words are true. But as a motive in life, they are really fundamental. *I am* a temple of the living God. The spirit of the Almighty *does* dwell in me. Such affirmation can not be held without filling life with positive good.

AFFIRMATION

I trust in God.

So trusting I believe in myself.

* * *

It would be an infinite gain if every man could go forth to his daily task absolutely believing in himself and especially if his belief could rest upon the sure foundation of faith in God. We all of us need such re-enforcement.

Many workers stand abashed before their employer, not because they really need to, but because they somehow jump to the conclusion of his superiority. If there are a few men who go about with offensive conceit, there are many men who plant the seeds of failure for themselves by assuming an air of unwarranted humility. If you belong to this class, begin to-day to say,

I believe in myself, I believe in myself, I believe in myself.

I can do good work. I will do good work.

Go forth, child of God, and win!

AFFIRMATION

I feel I am a spirit of life vitalizing the sympathetic nerve.

I concentrate my attention on the life that is now flowing through the entire nervous system.

I will feel life stirring all sluggish currents to positive activity.

I will concentrate on this inflowing force until I feel that every cell in my body is charged with its vitalizing energy.

* * *

If I have concentrated my attention on the life that is now flowing through the entire nervous system, how can I help vitalizing the sympathetic nerve? This is precisely what affirmation and concentration do for one. They cultivate positive vital force, and bring a feeling of growing strength, whatever the ailment may be. Concentrate on these words and do not be discouraged, even though it takes a little time to observe results. God does not mock men. *Keep on affirming.*

AFFIRMATION

*God is my infinite supply; therefore, I am followed
and filled with everlasting abundance.*

My dependence is upon God and God never fails.

* * *

I must remember that I have all I need to work with. Strength is mine and wisdom and intelligence. I shall work effectively because omnipotent power is mine. I shall work without hurry or worry because I have peace and the consciousness that all is well. So many people lack the real touch of power in their work because they feel that they are on the point of exhausting their strength or wisdom or power or health. Such fear does but paralyze one's skill because it is a form of atheism. He who would have any quality of genius must walk with faith.

AFFIRMATION

*Happiness today is mine!
I shall be happy all day long.
Even as God's smile is reflected in His sunshine, so my
happiness shall be reflected in my own smile.*

* * *

Blessings on the man who smiles! Not the man who smiles for effect, nor the one who smiles when the world smiles, but the man whose smile is born of an inner radiance, the man who smiles when the clouds lower, when fortune frowns, when the tides are adverse, the sunshine of whose heart breaks forth in smiles. Such a man not only creates his own fair world, but he multiplies himself an hundred fold in the courage and strength and joy of other men.

AFFIRMATION

*I regard my world as an opportunity for service.
I will no longer clamor for rights, but I will be glad of
opportunities and privileges.
And I will be happy.*

* * *

Some people think so much of their rights and so little of their opportunities that the natural order is entirely reversed. The man who lives to *serve* will be the happy man. The man who is always clamoring for his personal rights will be nervous, fretful and unhappy.

When you go forth today, go looking for opportunities to serve, and not for the vindication of your rights.

The man who comes to serve is always welcome.

AFFIRMATION

I am rich in thought and feeling.

I am rich in hope and aspiration.

I am rich in resources and opportunities.

I am rich in faith and love.

The world itself is mine and God is mine.

* * *

Do not harbor the thought of poverty. Whoever *thinks* poverty will *be* poor. Whoever thinks wealth will be rich.

If you are working with God as a child of God, then your supply cannot be exhausted. Do not entertain the notion for a moment that you cannot be anything or do anything that you may wish to do.

Great things are born out of great thoughts.

You are a child of God.

Do not *treat* yourself like a pauper. *Think* success.

AFFIRMATION

I will trust in God.

God is my refuge and strength.

God is my deliverance. He will never fail me.

* * *

Many other things may be desirable as a convenience, but not as a permanent reliance. If you are looking for unquestioned help, you may accept the proffered help of friends or income or position, but you will not look with *certain reliance* upon any of these. God alone satisfies. You have only to take a step or two backward to see that God alone furnishes all you have, even your daily bread. However rich you may be in *things*, you are poor indeed without God. God is your inexhaustible supply. Faith in God is our anchor, and we learn from a thousand voices that we can never drift "beyond His love and care."

AFFIRMATION

The divine life is now flowing through my entire nervous system.

I fix my mind upon this in-flowing life-force until I feel that every cell in my body is charged with its vitalizing energy.

* * *

If you are to be healed or do a successful work anywhere, you must dismiss from your mind all thought of being alone. If you think of yourself as alone, you separate yourself from God and from the great creative energy of the universe.

Remember there can be nothing between you and God. God is the *life* of your *life*.

Have faith in the inflowing love and life of God.

AFFIRMATION

My help cometh from the Lord, which made Heaven and earth.

*I am a son of God. I am heir to all that is.
God is with me, and I shall not want.*

* * *

We lose our strength because we forget its source. We get to thinking that the source of our strength is some temporary thing. A hundred times a week one needs to say with the Psalmist, "The Lord is my strength." The very saying of it will help to link up the soul with its God, and a reinforcement of strength will come. We are weak only when we think weakness; when we substitute thought-strength, then we are strong. In the same way, we are poor because we think we are poor. I need to remember that I am heir to all that is. We live in a Godless world only when we lose our faith in the over-brooding, in-brooding God. Naturally when we have dropped God, the source of all supply, we feel poor, not because we need to, but simply because we have lost touch with God.

AFFIRMATION

*God is with me every hour in light and in darkness.
His infinite love abounds as tender as that of a mother.
Like a child in pain I cry out to my Father. He
answers, "Here, my child, I love you evermore."
So comes healing peace.*

* * *

My little four-year-old boy lay sick and restless, fever-flushed at night, while I lay beside him in the dark. Every now and then the child, half sleeping, half waking, would call out, "Fadder." "Yes, dear," the answer came. "Hello, Fadder, please say hello to me, Fadder, every little while." Then he would drop again to sleep. I have often thought that the little fellow was but expressing a common human instinct. The shadows made him lonely, and he was more comfortable if he could hear an assuring voice as he journeyed to dreamland. Children of an older growth meet the shadows, too, and if they only had faith enough and knew how to articulate the cry, would they not often say to God, "Please say hello every little while," confident that He would answer, "Yes, dear, I am here," and in Him we would find peace and rest.

AFFIRMATION

Health

As I have said elsewhere in this volume, it is not the form of words which furnishes the healing power. It is sometimes the mental picture. Resting after an illness of several months on my sleeping porch in New Hampshire, from where I could see the great pines lift their dark green branches to the western sky, one day, half sleeping, half waking, I saw distinctly on the roof of an old barn which helped to make up one of the loveliest pictures I have ever seen, the word, "Health." It appeared to be in rather large, distinct letters. Shall I call it a message direct from God to my tired nerves? At all events, let me say that the picture of the word "Health" has recurred again and again, and always it has brought healing blessing. Sometimes I have seen it on the roof of the old barn and many times in the sunset clouds above the pines. Often in large, distinct letters, and then again from the deep tones of purple down to the faintest shades of azure. But always when the vision has come it has been like an inspiration. I like to believe that this is one of the ways in which God has spoken to my soul with healing power.

AFFIRMATION

*Today I will open the windows of my soul
That Love may enter
That Joy may enter
That Good-will may enter
That Thoughtfulness may enter
That Sympathy may enter.*

* * *

If I open the door wide, these guests will enter my very soul.

This is God's world and love is abroad in it waiting for a welcome. Joy and sympathy are also seeking a refuge. Good-will and thoughtfulness will follow. Has life seemed a dull gray? Has there been no gleam of rose? These dear guests, if I admit them, will make a magic re-action in my soul. I shall *feel* love, I shall *feel* joy, I shall *feel* good-will and thoughtfulness and sympathy, and the feeling will be far-reaching. Other's lives will be blessed who need the cheer and comfort that my guests will carry to them, more perhaps than I realize. The sunshine that comes in at my open door will be like healing balm to my soul, and to all others with whom today I come in contact.

AFFIRMATION

God speaks to men.

Sometimes He speaks to men through me.

God is the author of my vocal organs.

He will heal them and make them strong and efficient.

* * *

As St. Paul teaches us, the body is not one member, but many, and yet, as he says, "all fitly joined together in one." This sounds like mere commonplace, but when we invoke healing power for the body, it is far more than commonplace, for, just as the regular physician may seek to reach the head or the throat through medicine taken into the stomach, so in metaphysical healing, one seeks to reach the remotest parts of the body through thoughts taken into the brain, on nerve currents, until they reach the distant cell families. There is no reason, therefore, why congestion in the throat or lungs may not be put to flight by these positive affirmations of truth, for it is concentration upon affirmations of truth that help to build the body. But remember it is not how much you read that affects your consciousness, and not even how much you may know about mental states, but it is how much you really absorb of faith which finds expression in the vitalizing energy of your being.

AFFIRMATION

God is my Lord and my God.

* * *

There is too much praying in the second person plural and too little praying in the first person singular. I call the former prayer with words alone, — the latter is prayer with the spiritual consciousness. Public prayer, when we say “*our* Father” instead of *my* Father is peculiarly open to this objection. The “affirmation” for which preparation has been made in the “silence” is less likely to be subject to such criticism. But no matter whether the prayer be public or private, the thing I urge is that element born of personal, spiritual consciousness of God’s indwelling presence.

Once, many years ago, I saw a young woman in a Salvation Army meeting kneel as in the very presence of God, without obvious choice of words, and in profound simplicity and sincerity pour out her soul as to *her own* God. Thus alone does “demonstration” come. We must speak to *our own* God. For several years Thomas Didymus said, “*My Lord* and *my God*.” At last there came a time when he said, “*My Lord* and *my God*.” Healing power is born of the spirit of Thomas when he could say “*My Lord* and *my God*.”

AFFIRMATION

*With all the intensity of an earnest mind, I desire life.
God is life. Every cell in my body desires more life.
Ever nerve cries aloud for more life.
God will give me life more abundant.*

* * *

There is no more favorite theme in the gospel of Jesus Christ than that of Life. Jesus everywhere speaks lightly, or not at all, of what men call death. But he exalts and magnifies life as if it were something very precious.

It is therefore reasonable to believe that there is in the universe a very abundant supply of life. It has never been exhausted or even nearly exhausted. The individual may feel poor for the lack of life, but there is no lack in the universe, for God Himself is life. Nor do the atoms of which the body is composed ever forget their natural hunger for more life. Every cell in my body desires more life. Every nerve does indeed cry aloud for more life. Whatever lack there may be is but a lack of control. When one has learned through the law of mind he may control life and the renewal of life by his own thought, he may send the blood whithersoever he will to any part of the body, to any weak or diseased organ by the simple power of thought.

AFFIRMATION

I am vitality!

* * *

One of the greatest metaphysical healers in the country says of this affirmation:

“Think vitality, breathe vitality, eat vitality, and know that you are the unlimited vitality of God; thus you will become a magnet for almighty vitality. Think toward each organ of your body: *You are Vitality.* You are so filled and thrilled with vitality that there is no place for disease or decay in you. *All is vitality.* Keep this up unceasingly, and it will make you so positively vital that health and happiness will reign throughout your whole being.”

This affirmation may be elaborated thus:

I am vitality.

I think vitality.

I breathe vitality.

I sleep vitality.

I eat vitality.

I drink vitality.

I know that I am the unlimited vitality of God.

AFFIRMATION

Health, Strength, and Vitality, — God with me.

Health, Strength, and Vitality, — God with me.

Health, Strength, and Vitality, — God with me.

* * *

One disappointing fact in the familiar Christian theology, whether it be conservative or liberal, is that there seems to be no place for a clearly defined doctrine of the "immanence of God." Men say they believe in God and then *act* as if they believed in the devil. Men say they believe in the *immanence* of God, and then *act* as if they believed He were a million miles away. The great doctrines of the Fatherhood of God and the Brotherhood of Man need to be supplemented with a vital faith in the immanence of God; in other words, men need to believe in a God who is *here*, — a God who is here *now*. Men need a God for every place, for every event, for every accident, for every emergency. I need a *God with me*.

Put your very soul into this affirmation. Repeat it and repeat it until it is fairly burned into your consciousness.

HEALTH, STRENGTH, — and VITALITY —
GOD WITH ME.

AFFIRMATION

Today I will not worry.

I will not be afraid.

I will not give way to anger.

I will not yield to envy, jealousy or hatred.

Love and love alone shall rule my life.

* * *

With the old materialistic idea of life, men ask what have worry and fear and anger, envy and jealousy to do with health? But under the light of the new psychology men see clearly that nothing is more vital to good health than to get rid of these malignant emotions.

This conclusion is based upon the fact that just as physical conditions influence mental states, so mental states influence physical conditions. It has been stated on very high authority that the whole bowel tract and perhaps all of the vital organs, with the secretions of the body, are largely under the influence of the emotions. Silently but surely the victim of worry, the victim of fear, the man who gives way to anger is storing up trouble in the stomach, the heart, the liver, and the bowels.

These emotions are more dangerous than small pox or yellow fever.

AFFIRMATION

I am life.
I am health.
I am strength.
I am wealth.
I am freedom.
I am joy.

* * *

All this I am because the abounding life and love of God flows in my veins and vitalizes my nerves.

Here is a great dynamic positive affirmation which will bring health and strength. When you make this affirmation, do it with power and with faith.

Let faith, *your positive faith*, fill the several words with new meaning, — *I am life*, *I am health*, *I am strength, etc.*

Make this a real affirmation of your own positive thought by filling it with *faith*. Make these affirmations as frequently as you can do so, feeling that they are vital.

AFFIRMATION

I am never alone.

God is here.

He will help me and heal me.

* * *

I used to reach home about the time our little girl of four was going to bed. Often I would spend a half hour at her bedside telling her stories. At the conclusion of the story-telling I would hear her prayer and leave her for the night. On one of these occasions she asked many questions about God. As she was a timid child, I tried particularly to emphasize the thought of God's presence with her. As I was ready to leave, she asked, "Will you please light the gas before you go?" "Oh, no," said I, "you don't need the gas, for God is with you all the time." "Even in the dark?" she asked. "Yes," I said, "all the time, even in the dark." Then she drew a long sigh and replied, "Well, I'd rather have gas than God." Dear child, how like the rest of the world she was. The light was near and she could understand it, while in spite of all my efforts God was far away. Many a man would rather have gold than God. But the reason for that is that he does not understand how trivial and temporary gold is, nor how fundamental and imperative God is. Yet there will surely come a time in each life when gold will not buy the fundamental necessity, nor gas light the way. Then this little child grown older will gladly hear the voice of God.

AFFIRMATION

I trust in God.

So trusting, I believe in myself.

There is no room in my mind for the slavery of fear.
Working with God, nothing can defeat me.

* * *

In order to see how widespread is the slavery of fear, one has only to make a brief but obvious catalogue of things men do fear. Men are afraid of sickness, afraid of death, afraid of accident, afraid of poverty. They are anxious lest they may lose their work, afraid of public opinion, afraid of criticism, afraid other men will not appreciate them. Thus does fear hamper them and weigh upon their minds, like the dead body of a giant. What slavery could be worse. As Prentice Mulford says: "Fear cripples the spirit, and diseases the body. Fear is everywhere. Fear of want, fear of the poorhouse, fear of starvation. Fear has become with millions a fixed habit."

Unless fear can be uprooted from the mind it will do untold damage. It is an evil emotion. Every emotion, good and bad alike, leaves its impress upon the body. It changes the secretions of the body and may even destroy life. Whoever would keep well must exorcise fear as he would exorcise any other devil from his mind or any other poison from his body.

AFFIRMATION

Treatment for Insomnia

*I will be calm. God is with me. All is well. Tonight
I shall sleep. I shall rest. I shall forget all the
responsibilities of the day. I shall not fret, nor
worry, nor be anxious.*

* * *

Would you find a cure for worry? Believe in God Almighty. Believe that this world belongs to God, that you belong to Him; that, come what will, He will take care of you. A friend of mine assures me that she derives great comfort from this simple little speech, which she makes to herself, "God is here; I will trust Him." And it is a good speech for any one to make. My plans have failed,— "Never mind, God is here; I will trust Him." My fortune is lost, "Never mind, God is here; I will trust Him." Yes, God is here, He is mine and I am His. This is God's world. I am God's child. "Though He slay me, yet will I trust Him." "Fear hath torment." Trust hath everlasting peace.

AFFIRMATION

Treatment for Insomnia

He that keepeth me will not slumber.

We are all lying in the arms of God.

God's healing love wraps us about as with a garment.

God's healing life flows through us while we sleep.

* * *

We may lose our consciousness of God, but God does not lose His consciousness of us. We cannot go out of His sight. God's healing love does indeed wrap us about as with a garment. God's healing life does indeed flow through us while we sleep and it is good for us with the last breath at night to feel God's inflowing love. As a simple scientific fact, it is probably true that healing goes forward more surely while men sleep than when they are distracted by waking sights and sounds.

Nothing could be better for the sick man than to say with all earnestness as he goes to sleep: "The divine spirit is flowing into me and through me. Let Thy blessing heal me, and let me not be afraid, for 'Underneath are the everlasting arms.' "

AFFIRMATION

Treatment for Insomnia

I shall sleep sweetly tonight knowing that God's kind and strong protection is over me, under me, around me.

No harm can come to His beloved.

* * *

"He giveth His beloved sleep."

The responsibilities and cares of the day are forgotten.

It is cool and quiet in my room.

There is blessing in the night air as it blows upon my cheek.

Our Father in Heaven, as we lie down tonight, tired but not discouraged, we thank Thee for the strange mysterious renewal that comes from sleep. In some magic way, the how of which we do not know, Thou pourest out Thy spirit upon us while we are unconscious. It enters into our hearts and minds, into our veins and blood, and, behold, we awake refreshed and strong for a new day.

Be Thou with us while we sleep tonight. Amen.

AFFIRMATION

(May be used in case of insomnia)

I turn away from all the hurry and worry of the day.

My body is now entirely relaxed.

I will sleep.

I am now becoming quiet.

I shall soon be fast asleep, and shall sleep quietly until morning.

* * *

Whoever would quickly find the consolations of sleep should learn to form the habit of dismissing the cares of the day, and especially is this true for mental workers. Many people stretch out the work of the day indefinitely into the night in perfectly fruitless fashion by turning over and over all the facts of the day's experience in the mind, until the brain becomes congested and incapable of sleep. When one has finished the work of the day and retired, he will do well to find an easy position and then entirely relax. This may be done by talking directly to the parts of the body, thus: arms, relax; body, relax; neck and head, relax; spinal column, relax; and so on, until finally the whole body, every organ down to the toes and fingers, is thoroughly relaxed. Then say: I am now becoming quiet, I will sleep, sleep, sleep. I shall sleep quietly until morning.

AFFIRMATION

(Four comprehensive affirmations expounded by
Elizabeth Cady)

First, God is Life, Love, Intelligence, Substance, Omnipotence, Omnipresence, Omniscience.

Second, I am the child or manifestation of God; and His life, love, wisdom, power, flow into and through me every moment. I am one with God, and am governed by His law.

Third, I am Spirit, perfect, holy, harmonious. Nothing can hurt me or make me sick or afraid, for Spirit is God, and God cannot be sick or hurt or afraid. I manifest my real Self now.

Fourth, God works in me to will and to do whatsoever He wishes done by me; hence, I cannot fail.

* * *

Her exposition is in part as follows:

“In reality, God is forever in process of movement toward us, that He may manifest more fully Himself (all good) through us. Our affirming, backed by faith, is the grip which connects the car of our conscious human need with the ever moving cable of His power and supply. They who have claimed their birthright by thus calmly affirming their oneness with God know how still they can be from external planning and effort after they have called into operation this marvelous power of affirmation.”

YOU AND AUNTIE DOLEFUL

A health conversation in which you play the part of Sam Hopeful.

Enter Auntie Doleful. Finds Sam Hopeful seated.

Auntie—Good morning, Sam, how are you?

Sam—Perfectly fine, auntie, if I were any better than I am I should immediately find a job in a stone quarry.

Auntie—That's rather brave talk, Sam, somebody told me you were paralyzed.

Sam—O shucks, auntie, may be they were talking through their hat.. Anyhow, paralysis is only one of those big names that the doctors use. The fact is that the right side of me was rather tired out and I am letting it take the rest cure.

Auntie—Well, Sam, I guess you will have plenty of time to let it rest. I have heard that paralysis lasts several years.

Sam—Good, I guess that old side of mine can stand it; besides, I thought I never should have a chance to do any more reading, but now I've got all the time I need—a good chance to catch up.

Auntie—A chance to catch up, Sam! I guess you're just bluffing! But while you're catching up,

how are you going to stand the everlasting racket of these children of your daughter's?

Sam—Why, good gracious, auntie, these children never make any racket. There are only four of them and if they should make a noise, I'd just turn my deaf ear toward them and go on with my reading. We get on finely together, and they never trouble me.

Auntie—They never trouble you, Sam? Don't they talk you almost to death?

Sam—Good gracious, no. I suppose they do talk sometimes, but I just don't hear them.

Auntie—But what do you do when they yell?

Sam—Why, I just think harder, and by and by they stop.

Auntie—Well, for my part, I don't see how you can hear yourself think at all, when all four of them get to yelling at once.

Sam—Why, auntie, they hardly ever do all yell at once, and if they do, I just call them my quartette.

Auntie—By the way, Sam, how do you like this kind of weather?

Sam—Just fine.

Auntie—Why, Sam, I don't believe you know a thing about the weather. Look out of the window

there and see it rain. The sun hasn't been out all the morning.

Sam—That's all right. This is just my kind of weather. I don't want to go out doors anyhow.

Auntie—Why, Sam Hopeful! what are you talking about. This is now the seventeenth day of the month and we haven't had one really good day this month.

Sam—Why, Auntie, I've looked out of the window nearly every day this month, and I should turn it right around the other way, I haven't seen one bad day. They have all been good days.

Auntie—How is Charlie's business? Somebody told me that he was having rather hard sledding.

Sam—Well, I don't know about that. He was in yesterday with a good broad smile, and I didn't hear him say anything about any sort of adversity or any dullness in his business.

Auntie—Yes, I suppose Charlie is a good deal like you. He hasn't sense enough to know when it rains, or to know when he is bad off. He is too much like you to even know when he is sick. I suppose he wouldn't know it if he were paralyzed on *both* sides. But for my part, I don't propose to be indifferent when things go bad with me.

Sam—I don't call it being indifferent to smile or take a hopeful view of business or the weather or one's health. The fact is there are too many weather croakers and too many health croakers. If things are not quite normal, the best way is to take a cheerful view of things and address oneself to the business of abolishing friction. Don't you think so, auntie?

Auntie—Oh, that is what some folks say, but for my part, I propose to call a spade a spade. I don't fall for all this new-fangled health talk.

Sam—Well, auntie, don't you think it is better to talk health up than to talk it down? Isn't it better to talk hope than despair? Isn't it better to look on the sunny side of life than the shady side? Isn't it better to talk victory than to talk defeat?

Auntie—Well, I agree, Sam, that it makes one feel better.

Sam—Yes, auntie, it makes one *feel* better and it is better. The big doctors among the medical men tell us that every time we have a thought or an emotion it has some effect on the body. Now if that is so, don't you think it is a mistake to paint every case of sickness in colors of despair? Most of the doctors are not specialists. And even if they

were, they don't know everything. God made men for good long life, and I take my stand on this fact. God is a better doctor than most of the doctors. Paralysis or no paralysis, I want to live, and I'm going to keep right on living, till my Heavenly Father speaks the final word. When He says it is hopeless, I will believe it, and not a minute before.

Auntie—Well, Sam, you and I are old friends, and you know as well as I do that I am not anxious to have you die.

Sam—No, auntie, I know you are not, but you have just got in the habit of looking on the dark side, and you and other people unconsciously do a good deal to hurry folks into an early grave by exaggerating their ailments, and painting all your pictures in somber colors. For my part, I wonder that any public man is able to live at all if he ever meets with any bodily illness. People burden such a man with a million tons of unhealthy gossip.

Auntie—Well, Sam, I must be going, it don't look as if it was going to stop raining today.

Sam—There, auntie, look out doors, and you will see that it has already stopped.

Auntie—So it has, well then I will go right away. But I must say you are a funny fellow.

Sam—All right, I suppose I must be branded as “funny,” just because I happen to believe that health is contagious instead of disease. I am even willing to be called “queer,” if it will make the world a little stronger and a little more cheerful. Good-bye, auntie. Let us talk health up instead of down. “And God be with you till we meet again.”

HINTS ON HEALTH

I hope to be able to make it clear, before I have finished this little volume, that I am not riding any hobby, nor am I the slave of any momentary experiment. "Health by Bran" may be wise in individual cases, but it is not a universal panacea. "Health by Dope" is equally unreliable. I recognise both mind and body. Agencies for keeping the body in good condition are both physical and mental. What I shall say here under the heading, "Hints on Health," I say neither as a physician nor as a metaphysician. These "Hints" are based upon a little common sense and a good deal of observation and some experience. I shall try to keep on safe ground by speaking only of those things which everybody ought to know and everybody may know. I shall feel perfectly safe in saying to the healer and to every man who would be healed of disease that good nutrition is fundamental. *Nutrition* is as important to the man as good soil is to the maple tree or to the crop of potatoes or wheat or corn. Nutrition is the stuff that the body lives and grows on. The man's body is made up of some billions of cells; these cells will become weak and anemic and finally perish unless the body is supplied with proper nutrition.

My next keyword is *Assimilation*. If nutrition is needed for the nourishment of the body, assimilation is needed to make nutrition effective. It is not enough that food shall pass through the body; it does not achieve its end unless it passes into the blood.

On the road to assimilation and nutrition another important keyword is *Mastication*. He has a rocky road before him who forms the habit of throwing his food into his stomach in chunks. The habit should be early formed of liberal chewing, or, as our new dictionaries give us permission to say, "Fletcherizing."

Yet one more keyword is *Irrigation*. To make food ready for assimilation it should have a fairly liberal quantity of fluid mixed with it, and it will be a pretty good practice to let this fluid be taken in the form of water, though I have known some people who had a prejudice in favor of other kinds of drink. It does not militate against what I have said about irrigation that it is difficult to find a half-a-dozen doctors who entirely agree on how much fluid shall be taken in twenty-four hours. My own advice would be, if you are going to guess at it, to make the quantity about two quarts, and if you do not

want to guess, take a leaf from the book of nature and drink when you are thirsty, and the same leaf will also tell you to eat moderately when you are hungry.

While I am speaking on this subject of food quantity, let me say that there is probably no worse habit among average men than the habit of *gorging* or eating all the time a little more than can be properly digested and assimilated. The habit of men is analogous to the foolish mistake of throwing into the manger of a horse five bushels of oats at one time. Not only does such feeding not nourish, on the contrary, it clogs up the system and makes all digestion and assimilation impossible. A good general rule as to quantity is to stop eating while you are still a little hungry. Many men literally eat themselves into an early grave. A friend of mine, borrowing a simile from his familiarity with the automobile, calls it "Fouling the cylinders."

Let us now turn from the important subject of Assimilation to the no less important subject of *Elimination*. There are other means of elimination, but there are four that are perfectly obvious; one is *Excretion* of waste matter from the *Bowels*, and then the *Kidneys*, the *Lungs*, and the *Skin*. These, and a few others of less obvious importance, are the

means by which the great Creative Intelligence has planned to eliminate the poisons from the body. In the interest of health all these organs must be regularly performing their functions; otherwise, poisons are being stored somewhere, and, if stored, then always in dangerous quantities, for any quantity whatever is dangerous. Neither the skin, nor the lungs, nor the kidneys, nor the bowels can be safely neglected; if they are neglected, then auto-intoxication will surely ensue and disease must ultimately follow. This is one reason for my advice to look carefully to irrigation, or water drinking. It is hardly too much to say that, if these four sources of elimination could always be kept active, then the body of man would always be healthy.

There is, therefore, little wonder that the intelligent physician on being called for the first time in any case of sickness immediately addresses himself to these various sources of elimination, for he knows that in all reason the cause generally lies there and if he can remove the cause he will often remove the disease.

I said in starting these "Hints on Health" that I believe in both Mind and Body. What I have said thus far relates generally to the Body, but I want

to say that thought and the use of thought is perhaps equally important both as cause and cure of disease and in many forms of disease far more important. Whoever will make an intelligent study of the Sub-conscious Mind and the Sympathetic Nervous System cannot fail to see that Body and Mind are intimately linked together and that Mind has to do with the automatic functioning of the largest part of the bodily organs, and through the instrumentality of *suggestion* and *auto-suggestion* such functioning is unconsciously influenced, and may be, when necessary, consciously directed.

Here stands justified the plea of all metaphysical healers for mental atmosphere in treating disease; in other words, their plea that all sick people be surrounded by the most cheerful conditions in the interest of rapid recovery. Not only so, but this relation between Mind and Body also justifies their declaration, that it is vastly important in the interest of *keeping well*, that the whole community be pervaded with an atmosphere of cheerfulness and optimism. They properly insist that it isn't fair to anybody to *think* him from health into disease, and it is not fair to the sick man that he be thought into an early grave.

SOME HEALTH DON'TS

Denials as well as affirmations have some therapeutic value, though as it seems to me, affirmations are better than denials. But it must not be forgotten that an affirmation may take a negative form of statement. Here, then, are a few "will not's":

I will not gossip.

I will not seek employment as if I were making an apology.

I will not do my work in a slip-shod fashion.

I will not face the past.

I will not waste my time reading about crimes and murder trials.

I will not anticipate failure.

I will not talk about sickness and death.

I will not miss a chance to be kind.

I will not hate anybody.

I will not worry.

I will not be sarcastic.

I will not be angry.

I will not be jealous.

I will not think evil.

I will not be afraid.

How would it be to go over these Don'ts each morning before starting the day? Thus you will specifically commit yourself to these negative affirmations.

Believe me, they will do much for your health.

PARTIAL BREATHING

Unless it be the use of food and water, there is nothing more fundamental to good health than proper breathing. There is a critical moment at the birth of every child when life is problematical. There is another critical moment at the end of life when it is also problematical. It is all a question of oxygen. Can the baby and the old man secure oxygen enough and quickly enough to sustain life?

It will therefore be seen how very important is the subject of proper breathing.

Let it not be thought a thing inconsistent with the purpose of this book that I stop to emphasize a subject like this. I have already tried to make it clear that I believe in physical forces as well as metaphysical. I have also tried to make it clear that I hold in the highest esteem the work of the wise and conscientious doctors. Let me add at this point my conviction that there is no class of professional men in the community who do more absolutely unselfish work than the doctors. My chief difference with them, so far as I have any, is that many of them are slow to recognize the value of Mind Forces in the treatment of disease, whereas I believe that these forces are exceedingly important.

Furthermore I feel sure that if we would frankly use these forces to their limit, often it would not be necessary to resort to the doubtful experiments of somewhat experimental drugs. Let me return from this digression, then, to say that one of the most obvious precautions to take in the interest of good health is to insist upon correct breathing. Ordinarily correct breathing will be described as "deep breathing." To substitute "deep breathing" for the ordinary breathing of the average man would be an immense gain, but it is not scientifically nor practically correct. The ideal to be aimed at is really complete breathing or breathing in every part of the lungs, the upper, lower and middle region, and to achieve that result obviously requires some practice. Most men can survive for a time by rather spasmodic hit-or-miss breathing in one little corner of the lungs, but they cannot survive healthily. They will be open to all sorts of attacks upon the various organs of the body.

Let me stop long enough to point out some of the particular points of attack. Not to breathe correctly is analogous to the pollution of a city's water supply. We may liken man's blood supply to the water supply of a city. Unless the blood can be

properly oxygenated almost any organ in the body will be open to the attack of disease germs, but with strong currents of healthy blood flowing through the veins, men become relatively immune to every sort of attack. Besides this general danger involved in careless breathing, of course there is the ever present hazard to the lungs. It is perhaps not too much to say that the race would become immune to tuberculosis if all men could be persuaded to practice complete breathing for two generations.

The fact that most men with consumption are narrow-chested is strongly suggestive of partial and inadequate breathing.

Not only this, but we know from actual experience that breathing has a powerful effect upon that common ailment which furnishes the medical profession with the largest part of its business, — Common Colds.

Though I am not a doctor, I hazard nothing when I say that if upon the appearance of the symptoms of a cold men would take more air and less food, — in other words, if they were to stop for an hour and breathe deeply, or more correctly, breathe completely, and then fast for a day, the cold would disappear. Just try it, but do not imagine that

this advice vitiates my point of emphasis, viz.: that Mind is immensely important in the treatment of diseases; in other words, that we may never properly neglect the reactions of the mind upon the body.

BIGGER THAN ANYTHING THAT CAN HAPPEN TO HIM

Mr. George Kennan, the famous historian of current happenings, was writing of the heroism of soldiers, thousands of them, who were returning from battle in every state of mutilation, carried on flat cars and suffering indescribable tortures, but never groaning and rarely frowning amid their suffering. When he had finished his description he added, significantly, "Isn't it fine to see a race of men who are bigger than anything that can happen to them."

Since then I have thought much of this phrase and its meaning. For years since that time I have been on a tour of inspection and I find that men who are "bigger than anything that can happen to them" are not so very rare after all.

One day I met a man and his wife. I had thought that they were very ordinary people — at all events no better or bigger than average folks, but two days before I met them I learned that they had buried the last of six children, (all they had) all of whom had died of diphtheria within one week. And there they were going about their home without a murmur, without a complaint, not even thinking of themselves

as "martyrs to the Providence of God," blaming nobody, but quite ready to take up the next task and perform it bravely. Then I said, "Isn't it fine to meet men and women who are 'bigger than anything that can happen to them.' "

When I was quite a boy I also saw a man one day standing in the midst of the dust of a threshing machine in operation. Suddenly all the machinery stopped, and an exclamation of horror escaped the dozen or more men who were engaged in this harvest operation and it was seen that both arms had suddenly been drawn into the cylinder of the machine. He was still living when he was released from his perilous position. He wholly recovered his health, but both arms were absolutely destroyed at the shoulder. He did not die and he did not complain, but in a spirit of marvelous heroism he still went about tasks which otherwise would have seemed quite impossible, and I have been thinking again, "What a fine thing it is to meet a man who is bigger than anything that can happen to him."

During the late World War I have also been observing, and I have found that over widespread areas there occurs this superiority of men over whatever can happen to them, for everywhere throughout

Great Britain and France and Belgium men by the thousands, tens of thousands and hundreds of thousands have been mowed down like grass before a mowing machine, or wheat before the reaper, and as swath after swath have disappeared other thousands have swept in to fill the ranks in response to an idea, and generally without complaint, and the world has rejoiced in the fact that men have been "bigger than anything that could happen to them."

But this spirit has been peculiar to no country and no race. Many years ago, while I was in Japan, there occurred a fire one night in Tokio when six thousand homes were burned and twenty thousand people were rendered homeless. The next day people were walking calmly about the devastated region saying "shikata-ga-nai" (there is no help for it). Then I saw that even here, without the *form* of Christian philosophy, people could be "bigger than anything that could happen to them."

But did we not see the same thing illustrated a little later in San Francisco, where great buildings almost touching the sky fell into heaps like a pack of broken cards, while acres upon acres in the burned district were scarcely more than heaps of ashes, and thousands of people were rendered homeless, and

thousands of others fleeing from the stricken city, — and yet, these people, who seemed at first to have their spirit crushed, pulled themselves together, rebuilt upon the ashes of the old city, faced the future with sublime faith and proved by their actions that they were “bigger than anything that could happen to them.”

What is going to happen to us, to me, to you, to your family, to your country? Not one of us knows. But happy are we if, when the happening comes, we are “bigger than anything that can happen to us.”

What can make us “bigger than anything that can happen to us”? No *form* of words, surely no *formal* philosophy, Christian or otherwise, but the reality of faith in the Eternal in us. *That* can make us “bigger than anything that can happen to us.”

POISE AND POWER

It is rather easy to see how poise is related to power, but not quite so easy to see how it is related also to health. The meaning of mental and spiritual poise can easily be illustrated from what we know of physical poise. To be well poised means to stand squarely on one's feet. To lack poise means to stand more or less out of balance.

You see at once how this is related to power. The man standing more or less out of balance or out of poise is never prepared to carry a heavy load. Out of poise, he is easily crushed to earth; whereas, standing with both feet squarely upon the earth, leaning neither backward nor forward, neither to the right nor the left, even a small man is a marvel of physical strength. Another illustration of the relation between poise and power is often witnessed on the ball field. On account of being compelled to act rapidly and while still out of position a ball player is often unable to throw with accuracy or catch with certainty. The trouble is, he is out of poise.

Much bad work, both physical and mental, results from lack of poise. The man who lacks poise is easily surprised and therefore easily defeated. No

man who has lost his poise can strike a heavy blow, nor strike it with precision. Whether you be a wood-chopper, a prize fighter, a school teacher, a merchant or a minister, the exigencies of your work call for accuracy and power, — and therefore, for poise. The difference between a putterer and a man of power is a question of poise. I think it perfectly safe to say that it is impossible to find a man of real power without poise.

I never yet have seen a man who flutters around from idea to idea, from task to task, from one friend to another friend, who was a man of real power. The man of power gives the impression of solidity because he *is* solid. Nothing surprises him, nothing disturbs him, nothing throws him off his balance. He is a man of *power* because first he is a man of *poise*.

Now it seems to me that all analogies must point to the fact that poise and health are also linked together. And as a matter of fact and observation, I believe it to be very difficult for a man to keep his health who loses his mental and moral poise. He is open to all the disturbing influences due to surprise, and a thousand things that ought not to even annoy or disturb such a man will throw him into a flutter

of excitement and a fever of distress. Such a man will be open to all the nervous disturbances that sap the energy and destroy strength. His nerves will be worn to a frazzle because it is impossible for him ever to "let go" and be calm, because he has lost his poise. No man can keep well who cannot "start" and "stop" with ease, and no woman can keep in health who goes into hysterics because the gown which she expected would be ready at a certain time is not, or because the day is rainy when she confidently expected sunshine. She cannot bear that her plans should be changed, and so she makes herself and all others uncomfortable because her dress-maker could not perform the impossible, or because the Almighty saw fit to water the earth on her particular day. The lack of poise is a seed which bears nothing but weeds of one sort or another. If you are convinced that your illness is due to lack of poise, take time enough for the practice of "letting go," to thoroughly get hold of yourself and control your moods and prepare yourself for the surprises of life.

A STATE OF MIND

Somebody once said humorously in describing Boston, "Boston is not a place, it is a state of mind." Without any attempt at humor one may say that many things that happen to one in this world are simply states of mind. For example: when a child goes out in the afternoon, is run over and killed, only to come in safely a few minutes later, that is a state of mind and not a real fact. Many of our tired feelings are states of mind, some of our poverty, — and if poverty, then why not some of our riches, — are also states of mind. Let us frankly admit when we *worry* and when we *fear*, there is no genuine fact behind the phenomena, they are simply states of mind. The physician of a sick man was asked "what ails your patient?" "Oh," said he, "it is nothing but a state of mind." The patient overhearing the remark said, "All right, then, I'll be cured by another state of mind," and he *was*.

THE SLAVE OF A CLOCK

I used to know a lady who claimed that she had all her life been the slave of a clock, and whether she was ready or not, the clock had been bossing her around telling her to do this and to do that. It was saying to her in the morning, "Time to get up!" At noon, "Time for lunch!" If she were going to New York, the exhortation was, "Time to start, trains don't wait." At night, at an hour which this good lady thought to be about seven o'clock, but which was actually twelve or half past, she would hear from some member of the family, "Twelve o'clock, time for bed!" This good woman, when she was preparing for an automobile trip, wanted to start when there was only time enough left to go half the distance by daylight.

As a matter of fact, she wasn't greatly troubled by the clock, but other people were troubled and they were always reminding her of the message of the clock, telling her what the hour of the day or night might be, while really that was the last thing in the world that she wanted to know. So often was she reminded of the message of the clock that she came at last to fairly hate the word, and called herself "The slave of the clock." She no doubt

spoke very truly and was almost infinitely irritated by the reminders that were being made to her, but she wasn't the only irritated one. All those associated with her were also irritated, because, having resented the commands of her master, the clock, she irritated everybody else by being perpetually late and making other people who were associated with her anxious.

If one really wants to keep well, this clock slavery is really a sad situation, but it is far more sad for those associated with the "slave." Since this little book has developed into general good advice, I wish to give a little advice to the woman who is the "slave of a clock." Let her try the recommendation of St. Paul when he advised people to live *above* the law and not *under* the law. Only those are slaves who allow themselves to be forced to live *under* the law; they immediately find freedom when they begin to live above the law. In other words, people are the slaves of the clock only when they resent being compelled to keep their engagements or to start on time. The moment they cease to be selfish and bring themselves to the simple habit of being on time, they no longer resent the so-called slavery to the commands of a clock. When they reach the conclusion

to break with the selfish habit of consulting their own convenience and try to establish the habit of consulting the convenience of other people and keeping their engagements, they get rid of a world of wear and tear, a world of annoyance and a world of friction, and help to restore the tattered nerves of people who are suffering from their association with the unmitigated nuisance of the *bad habit of always being late*.

MORAL: Don't break the clock — give up your own bad habit.

FORGET IT
OR
THE NEVER MIND PHILOSOPHY

One of the interesting things that I noticed during my four years in Japan was what many foreigners call the shikataga-nai philosophy. Shikataga-nai means "there is no help for it," or, to give it rather free rendering, "Let it pass," or, still freer rendering, "Never mind." There is no doubt that this apparently easy-going philosophy helps reduce the friction of common life immensely, and with regard to a thousand trivial things; I am persuaded it is a very useful philosophy. We cannot considerably change the circumstances and the accidents of life, but we can soften and reduce the friction caused by these accidents not a little. Whoever reduces friction is a benefactor, and at least the "never mind" philosophy will help to do this. Some one has slighted you or neglected you, or you think they have—"Forget it." Somebody has misunderstood you or misrepresented you—"Never mind." It is not worth while to be bothered. Or you have another bad bill—Shikataga-nai. Just forget it.

Somebody has summed up the whole matter in these familiar lines: —

“Let’s start forgetting!
There are so many things to lay away
In graves — dead hates and fears, and doubts that
 flay,
And all these little faults scarce worth a groan, —
There are so many black days we have known!
There is no use regretting!
 Let’s try forgetting.

Let’s start forgetting!
A thought of envy is no pleasant guest.
And hatred nourished leaves no peace or rest;
A tear’s no thing to treasure; and no strife
Becomes a corner stone to fuller life.
Away with grief and fretting!
 Let’s start forgetting.”

HEALING SCRIPTURES

HEALING SCRIPTURES

I

Surely he shall deliver thee from the snare of the fowler, and from the noisome pestilence. Psalm 91: 3.

There shall no evil befall thee, neither shall any plague come nigh thy dwelling. Psalm 91: 10.

Who forgiveth all thine iniquities; who healeth all thy diseases. Psalm 103: 3.

He healeth the broken in heart, and bindeth up their wounds. Psalm 147: 3.

I had fainted unless I had believed to see the goodness of the Lord in the land of the living. Psalm 27: 13.

The Lord is the strength of my life; of whom shall I be afraid? Psalm 27: 1.

Blessed be God, even the Father of our Lord Jesus Christ, the Father of mercies, and the God of all comfort, who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble, by the comfort wherewith we ourselves are comforted of God. II Corinthians 1: 4.

I will heal thee and add unto thy days. II Kings 20: 5, 6.

I will take sickness away from the midst of thee.
Ex. 23: 25.

O Lord, my God, I cried unto thee, and thou hast healed me. Psalm 30: 2.

And Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness and every disease among the people. Matt. 9: 35.

But Jesus turned him about, and when he saw her, he said, Daughter, be of good comfort; thy faith hath made thee whole. And the woman was made whole from that hour. Matt. 9: 22.

Then touched he their eyes, saying, According to your faith, be it unto you. Matt. 9: 29.

As they went out, behold, they brought to him a dumb man possessed with a devil. And when the devil was cast out, the dumb spake. Matt. 9: 32, 33.

And Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness and every disease among the people. Matt. 9: 35.

And when he had called unto him his twelve disciples, he gave them power against unclean spirits, to cast them out, and to heal all manner of sickness and all manner of disease. Matt. 10: 1.

Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give. Matt. 10: 8.

The blind receive their sight, and the lame walk, the lepers are cleansed, and the deaf hear, the dead are raised up, and the poor have the gospel preached to them. Matt. 11: 5.

And great multitudes followed him, and he healed them all. Matt. 12: 15.

II

Behold, the Lord's hand is not shortened, that it cannot save. Isaiah 59: 1.

God is our refuge and strength, a very present help in trouble. Psalm 46: 1.

Thou wilt keep him in perfect peace whose mind is stayed on thee; because he trusteth in thee. Isaiah 26: 3.

I sought the Lord, and he heard me, and delivered me from all my fears. Psalm 34: 4.

They shall dwell safely and none shall make them afraid. Ezek. 34: 28.

He giveth power to the faint, and to them that have no might he increaseth strength. Isaiah 40: 29.

Let the weak say, I am strong. Joel 3: 10.

And her countenance was no more sad. I Samuel 1: 18.

For thou hast delivered my soul from death, mine eyes from tears, and my feet from falling. Psalm 116: 8.

The Lord is my shepherd; I shall not want. Psalm 23: 1.

Let not your heart be troubled: ye believe in God, believe also in me. St. John 14: 1.

The trying of your faith worketh patience.

The spirit of the Lord is upon me; . . . he hath sent me to heal the broken-hearted. Luke 4: 18.

And the power of the Lord was present to heal them. Luke 5: 17.

And he took him, and healed him, and let him go. Luke 14: 4.

Jesus saith unto him, Rise, take up thy bed and walk. And immediately the man was made whole, and took up his bed, and walked. John 5: 8, 9.

And he leaping up stood, and walked, and entered with them into the temple, walking and leaping, and praising God. Acts 3: 8.

There came also a multitude out of the cities round about unto Jerusalem, bringing sick folks, and them

which were vexed with unclean spirits, and they were healed every one. Acts 5: 16.

III

I will lift up mine eyes unto the hills from whence cometh mine help. Psalm 121: 1.

Who satisfieth thy mouth with good things; so that thy youth is renewed like the eagle's. Psalm 103: 5.

Lift up thy voice with strength; lift it up, be not afraid. Isaiah 40: 9.

Strengthen ye the weak hands. Isaiah 35: 3.

Stretch forth thine hand, and he stretched it out; and his hand was restored whole as the other. Mark 3: 5.

Then shall the lame man leap as an hart. Isaiah 35: 6.

But they that wait upon the Lord shall renew their strength. They shall mount up with wings as eagles: they shall run and not be weary; and they shall walk, and not faint. Isaiah 40: 31.

I will say of the Lord, He is my refuge and my fortress: my God; in him will I trust. . . . Thou shalt not be afraid for the terror by night; nor for the arrow that flieth by day; nor for the pestilence

that walketh in darkness. For he shall give his angels charge over thee, to keep thee in all thy ways. Psalm 91: 5, 11.

Say to them that are of a fearful heart, Be strong, fear not. Isaiah 35: 4.

I had fainted unless I had believed to see the goodness of the Lord in the land of the living. Psalm 27: 13.

It is the spirit that quickeneth; the flesh profiteth nothing. John 6: 63.

Jesus saith unto him, I am the way, the truth, and the life. John 14: 6.

And we know that all things work together for good to them that love God. Romans 8: 28.

He hath not given us the spirit of fear, but of power, and of love, and of a sound mind. II Timothy 1: 7.

Behold I make all things new. Rev. 21: 5.

Thou art my God and the Rock of my salvation. Psalm 89 : 26.

Seek ye first the kingdom of God and his righteousness and all these things shall be added unto you. Matthew 6: 33.

But let him ask in faith, nothing wavering.
James 1: 6.

Speak the word only, and my servant shall be healed. Matthew 8: 8.

One God and father of all; who is above all, and through all, and in you all. Ephesians 4: 6.

Likewise the Spirit also helpeth our infirmities.
Romans 8: 26.

Bless the Lord, Oh, my soul, and forget not all his benefits; who forgiveth all thine iniquities, who *healeth* all thy diseases. Psalm 103: 2, 3.

Heal me, O Lord, and I shall be healed. Jeremiah 17: 14.

The Eternal God is thy refuge, and underneath are the Everlasting Arms. Deuteronomy 33: 27.

The Spirit also helpeth our infirmities. Romans 8:6.

Thou art my Father, my God, and the rock of my salvation. Psalm 89: 26.

O Lord, my God, I cried unto thee, and thou hast healed me. Psalm 30: 2.

But unto you that fear my name shall the Sun of righteousness arise with healing in his wings.
Malachi 4: 2.

I shall yet praise Him, who is the health of my countenance and my God. Psalm 43: 5.

For I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord. Jeremiah 30: 17.

And the Lord will take away from thee all sickness. Deuteronomy 7: 15.

And the prayer of faith shall heal the sick, and the Lord shall raise him up. James 5: 15.

I have loved thee with an everlasting love, therefore, with loving kindness have I drawn thee. Jeremiah 31: 3.

In the shadow of thy wings will I make my refuge. Psalm 57: 1.

I will sing aloud of thy mercy in the morning; for thou hast been my defence and refuge in the day of my trouble. Psalm 59: 16.

Lead me to the rock that is higher than I. For thou hast been a shelter for me. Psalm 61: 2, 3.

I will trust in the covert of thy wings. Psalm 61: 4.

He that dwelleth in the secret place of the Most High shall abide under the shadow of the Almighty. Psalm 91: 1.

A GROUP OF HEALING POEMS

COME TO ME, SLEEP

“Sleep, Sleep, come to me, Sleep,
Come to my blankets and come to my bed,
Come to my legs and my arms and my head,
Over me, under me, into me creep.

“Sleep, Sleep, come to me, Sleep,
Blow on my face like a soft breath of air,
Lay your cool hand on my forehead and hair,
Carry me down through the dream-waters deep.

“Sleep, Sleep, come to me, Sleep,
Tell me the secrets that you alone know,
Show me the wonders none other can show,
Open the box where your treasures you keep.

“Sleep, Sleep, come to me, Sleep,
Softly I call you; as soft and as slow
Come to me, cuddle me, stay with me so,
Stay till the dawn is beginning to peep.”

Henry Johnstone.

THE HAPPINESS FLOWER

“Did you ever find the Happiness Flower?

It isn’t so hard to find;

It opens wide at the morning hour,

In the meadows of cheerful mind.

“But it sometimes grows in the sandy dust

That fills the desert of care,

And down in the fields of perfect trust

You always can find it there.

“It’s sweet as honey, the Happiness Flower,

Winter and summer the same —

On the difficult hills by troublous tower,

It shines like a rosy flame.

“If ever you find the Happiness Flower,

And it isn’t so hard to find

By the rainbow’s end in an April shower,

Where the tears and smiles are twined,

“May it flourish fair in your garden ground,

A’ glisten with joy’s bright dew;

May the sunshine of love the whole year round

Lie warm on your flower and you.”

A. N. K.

THINKING ROSES

“When I’m thinking roses
 In my heart ’tis June,
Shadows flee the sunshine,
 All the world’s in tune.
Rose-thoughts bring the solstice
 Of each sunlit year,
When I’m thinking roses
 Happiness is here.

“When I’m living roses
 Golden glows the way
Leading into service,
 Stronger day by day.
Rose-thoughts know the secret
 Of my inner shrine,
When I’m living roses
 Flower o’ love is mine.”

Gertrude Rugg Field.

JUST A SMILE

“As I was trudging down a long, long street,
 And dreary,
With a pack of care upon my back, and feet
 So weary,
I met the sudden flash of friendly smile!
It made that road shrink up to half a mile,
It made that queer, old load fall off to limbo;
As drudge will turn from task, her arms akimbo,
I stared and straightened — it had come so quick,
The change had been so sunny and so slick!
Then I tramped onward, whistling all the while —
What sense of comradeship in just a smile!”

Anne Cleveland Cheney.

MY BODY AND I

"Say not 'I have a soul,' I am a soul,
And have a body builded for my need,
That I, a soul, may in this great world-school
Study the Master's works. My earthly house
Has wondrous windows; mimic galleries lead
Divinest sounds to me — deep lessons spelled
By loving lips, and vast world melodies.
I am a soul, set in a sphere compact
Of transient elements.
Of these a little handful serves for home,
For medium touch 'twixt me and earth,
The while I stay — gives fire and food and rest.
Shall the base stuff strike into me a stain,
Leave pungent, earthly odor? Soul of all,
Attract me, lest the body should
Transcend a dwelling's use."

Mary F. Butts.

FINE TO-DAY

“Sure, this world is full of trouble —
I ain’t said it ain’t.
Lord! I’ve had enough an’ double
Reason for complaint.
Rain an’ storm have come to fret me,
Skies were often gray;
Thorns an’ brambles have beset me
On the road — but say,
Ain’t it fine to-day!

“It’s to-day that I am livin’,
Not a month ago,
Havin’, losin’, takin’, givin’,
As time wills it so.
Yesterday a cloud of sorrow
Fell across the way;
It may rain again to-morrow,
It may rain — but say,
Ain’t it fine to-day!”

Douglas Malloch.

HEALING SERVICE—(*Responsive*) FOR THE CURE OF FEAR

Leader—Fear thou not; for I am with thee; be not dismayed; for I am thy God: I will strengthen thee: yea, I will help thee: yea, I will uphold thee with the right hand of my righteousness.—Isaiah 41: 10.

Response—Be strong and of good courage, fear not; for the Lord thy God, he it is that doth go with thee.—Deut. 31: 6, 8.

Leader—What time I am afraid, I will trust in thee.—Psalm 56: 3, 11.

Response—The Lord is on my side; I will not fear what man can do unto me.—Psalm 118: 6.

Leader—Be of good courage, and he shall strengthen your heart, all ye that hope in the Lord.—Psalm 31: 24.

Response—For God hath not given us the spirit of fear, but of power and of love, and of a sound mind.—II Timothy 1: 7.

Leader—Though an host should encamp against me, my heart shall not fear: though war should rise against me, in this will I be confident.—Psalm 27: 3.

Response—For in time of trouble he shall hide me in his pavilion: in the

secret of his tabernacle shall he hide me; he shall set me up upon a rock.—
Psalm 27: 5.

Leader — When thou liest down, thou shalt not be afraid; yea, thou shalt lie down, and thy sleep shall be sweet.— Proverbs 3: 24.

Response — Whosoever hearkeneth unto me shall dwell safely and shall be quiet from fear of evil.— Proverbs 1: 33.

Leader — Abide thou with me, fear not.—
I Samuel 22: 23.

Response — There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love.— I John 4: 18.

Leader — Follow peace with all men, and holiness, without which no man shall see the Lord.— Hebrews 12: 14.

Response — Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.— John 14: 27.

HEALING SERVICE — (*Responsive*) FOR THE CURE OF EVIL EMOTIONS

Leader — I will not Worry.

Response — I will not worry, because worry involves the destruction of happiness. Worry never failed to make a man unhappy. It will cover the face with wrinkles, contract the brow with frowns. It will drive out the light of the soul and produce a reign of darkness. It will steal the joys of life. Furthermore, it will destroy my working power. I will not worry because finally it will destroy my health. I — will — not — worry.

Leader — I will not be afraid.

Response — I will not be afraid because I am not alone. God is with me. I am not weak for I am reinforced by the infinite power. I am not ignorant because the infinite intelligence is mine.

“I have no fear! what is in store for me
Shall find me self-reliant, undis-
mayed.

God grant my only cowardice may be:
Afraid to be afraid! ”

Leader — I will not give way to anger.

Response — I will not give way to anger for it is wholly a negative emotion. It contributes nothing to my working

power. It makes me less efficient. Not only so, but it tends to destroy the normal functioning of my bodily organs, and to destroy my health.

Leader — I will not yield to envy, jealousy or hatred.

Response — I will not yield to envy, jealousy or hatred because these also are negative emotions and tend to destroy my own peace of mind and to injure others.

Leader — I will be kind to every man, woman and child with whom I come in contact.

Response — I will be kind because I was made for kindness. I will be kind out of sheer gratitude, for other men are kind to me. I will let love rule my life.

Leader — I will be cheerful and hopeful.

Response — I will be cheerful because cheerfulness will make my own work lighter. I will be hopeful because God is my Father, and it is good to look ahead.

Leader — I will trust in God and bravely face the future.

Response — I will trust in God because He has never failed me, and I shall still be with Him wherever I go. I shall bravely face the future because my road leads toward the city of God.

A HEALING SERVICE — (*Responsive*)

Leader — I am the Way, the Truth, and the Life.

Response — I am come that ye might have life and have it more abundantly.

Leader — I and my Father are one.

Response — He that hath seen me hath seen the Father.

Leader — But let him ask in faith, nothing wavering, for he that wavereth is like a wave of the sea driven with the wind and tossed.— James 1: 6.

Response — And the prayer of faith shall save the sick, and the Lord shall raise him up.— James 5: 15.

Leader — And call upon me in the day of trouble; I will deliver thee, and thou shalt glorify me.— Psalms 50: 15.

Response — For I will restore health unto thee, and I will heal thee of thy wounds, saith the Lord.— Jeremiah 30: 17.

Leader — Fear thou not; for I am with thee; be not dismayed; for I am thy God: I will strengthen thee: yea, I will help thee; yea, I will uphold thee with the right hand of my righteousness.— Isaiah 41: 10.

Response — Trust in the Lord with all thine heart; and lean not unto thine own understanding.— Proverbs 3: 5.

Leader — For the Lord thy God will hold thy right hand, saying unto thee, Fear not, I will help thee.— Isaiah 41: 13.

Response — Be still and know that I am God.— Psalm 46: 10.

God is our refuge and strength, a very present help in trouble.— Psalm 46: 1.

Leader — Be strong and of good courage, fear not; for the Lord thy God, he it is that doth go with thee.— Deut. 31: 6, 8.

Response — The eternal God is thy refuge, and underneath are the everlasting arms.— Deut. 33: 27.

Leader — Ask, and it shall be given you, seek, and ye shall find, knock, and it shall be opened unto you.— Matthew 7: 7.

Response — But I know, that even now, whatsoever thou wilt ask of God, God will give it thee.— John 11: 22.

Leader — Wait on the Lord: be of good courage, and he shall strengthen thine heart; wait, I say, on the Lord.— Psalm 27: 14.

Response — And all things, whatsoever ye shall ask in prayer, believing, ye shall receive.— Matthew 21: 22.

HEALING ASPIRATION

WALTER DE VOE

(For use in public service or private meditation)

I pray to know the charm of mine own transcendent soul, that it may show forth greater power through my personality and enfold all mankind in the healing power that will soothe the aching hearts of the world.

When the Master spoke, the charm of his soul was the Spirit of his words, and whoever was ready for truth, felt his spiritual power and followed him gladly.

I pray that through the charm exerted by my own awakened soul, I may be able to arouse and awaken the slumbering soul which is the Self of every one. May I realize the power to help each Self to manifest its God-likeness in the flesh, and thus bring an immortal glory to this world.

A HEALING PRAYER

Thou Infinite yet ever-present Spirit, we are glad of all human relationships. We are thankful for all companionship with nature. We rejoice in the fellowship with books, yet like the child who grows tired with every plaything and every childish task and lonely for a mother's love, we look to Thee with an infinite longing. In our effort to solve the problems of life, we throw our web of life hither and thither, but it will not hold. Only when at last we have thrown the thread of faith to Thee, shall the ductile anchor hold. Our Heavenly Father, as we go forth into this day may we not leave Thee for any dream or phantom, but may we walk with Thee all day long and find in Thee the answer to every longing and the solution of every problem. Thou art the solution not merely of our far-off problems, Thou art with us *now*. We nourish the consciousness of Thy intimate daily and hourly presence. Thou art not merely around us, Thou art in us, a living, vital force, a spring of everlasting life. We have only to appeal to Thy creative presence within us to find Thee healing all our diseases and binding up all our wounds. We depend upon Thee, Thou great spirit of life, and we trust Thee entirely. Thou wilt invigorate all the nerves of our bodies and give new life and power to each life cell. Let us not forget that we are temples of the living God; and so may we have Thy healing blessing. Amen.

A HEALING BLESSING FOR CLOSE OF SERVICE

Leader — Thou Infinite Spirit, living Father! we recognize that our life is one with Thine unlimited life and power. As we have waited here to-day, Thy spirit has been flowing through our spirits.

People — We believe in Thy omnipresent life; Thy constructive mind has been within us, and while we have waited here, Thou hast been building our bodies in strength and perfection.

Leader — Thou art within us, a fountain of life flowing into every cell and every organ of our being.

People — Thou art God within our natures, and Thy life has power to regenerate and heal my body.

(Wait in silence)

Leader — I praise Thy tender harmonizing love, which has been with us and in us while we have waited here together.

People — O living, loving Father, this is Thy holy temple. Make it a perfect dwelling place from which shall radiate Thy healing love and wisdom, to all Thy children.

(Silence)

Leader — Bless all my world, visible and invisible, with Thy harmonizing love. God is love; all is love.

People — Creative Spirit, while we wait with the consciousness of Thy presence, let us feel Thy spirit flowing into our spirits, vitalizing every nerve in our bodies, purifying our sources of life, making every artery and vein the channel for life-giving blood.

(Silence)

Leader — With God there is no space, God is everywhere. He is here and in the ends of the earth. Therefore absent healing, "so-called," is perfectly rational. God is here. God is in the uttermost parts of the earth. Therefore we appeal for a blessing upon these, Thy children.

(Read the names of those who desire to be blessed)

Leader and People — Thou great healing spirit, who art here and everywhere. We invoke Thy blessing upon these, Thy children; whatever their need, be unto them a fountain of life. Come with healing on Thy wings, brood over them, harmonize all their disturbed faculties, and make them well. In the name of Jesus Christ.

Peace I leave with you; my peace I give unto you.

Amen.

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